



Weekly Health Tips

Week 32

Nutrition:

If you are a non-smoker, maintaining a healthy body weight is the single most powerful means available to you to protect your health. Being overweight/obese increases your risk of a host of deadly diseases, including all forms of cardiovascular disease, type 2 diabetes, and many forms of cancer.

- Ann Kulze, MD - Author of "Dr. Ann's 10 Step Diet"

Tobacco:

Tell people around you that you are quitting smoking. Fully commit to your recovery while enjoying your new freedom and healing.

- Quitnet.com

Physical Activity:

Physical activity is essential to all ages. Plan family outings and vacations that involve activities such as hiking, bicycling, canoeing, skiing, swimming, etc.

- American Council on Exercise